

Saturday 14 October 2006
London City Runner Metropolitan League Race One
At St Albans

Men's Results				60	C	Bailey	V	High	28. 53
				61	T	Lashmar		VPH&TH	28. 55
1	T	Bilham	NEB	25. 34	62	N	Keys	E&H	29. 00
2	K	Skinner	NEB	25. 46	63	M	Landy	GCR	29. 03
3	C	Smith	TVH	25. 50	64	K	Darcy	Serp	29. 04
4	R	Cousins	Lon H	26. 02	65	J	Long	WG&EL	29. 08
5	R	Williams	SB	26. 06	66	P	Manson	WG&EL	29. 09
6	M	Burgess	WG&EL	26. 08	67	D	Thompson	Hill	29. 10
7	S	Farah	NEB	26. 15	68	M	Branco	Serp	29. 12
8	S	Sterling	NEB	26. 24	69	A	Aitken	High	29. 14
9	O	Mott	Gst	26. 29	70	M	Grant	Serp	29. 18
10	T	Bedford	SB	26. 36	71	A	Welshman	V Lon H	29. 22
11	M	Davies	V WG&EL	26. 38	72	M	Bateman	Hill	29. 29
12	A	Barber	NEB	26. 40	73	C	Barley	V SB	29. 33
13	A	McFarlane	Serp	26. 50	74	D	Christian	E&H	29. 37
14	K	Robertson	SB	26. 52	75	S	Buckle	St Alb	29. 40
15	S	Collins	E&H	26. 55	76	R	Phillips	Serp	29. 43
16	R	McKinlay	High	26. 58	77	P	Leppard	Hill	29. 44
17	H	Dodwell	High	27. 01	78	R	Brown	V ESM	29. 45
18	A	Skorubskas	ESM	27. 03	79	M	Lane	V Met P	29. 47
19	E	Malloch	WG&EL	27. 08	80	W	Gristwood	V ESM	29. 48
20	O	Edwards	SB	27. 13	81	T	Parkin	SB	29. 49
21	S	Pullan	St Alb	27. 17	82	B	Walsh	SB	29. 53
22	J	Robertson	ESM	27. 21	83	S	Kosik	ESM	29. 55
23	I	Zigadlo	ESM	27. 26	84	N	Rowe	V Met P	29. 55
24	R	McCormick	V Barn	27. 32	85	N	Mitchell	V Lon H	29. 57
25	S	Martyn	High	27. 38	86	C	Shepherd	WG&EL	30. 02
26	G	Robinson	GCR	27. 42	87	K	Turner	V Barn	30. 02
27	J	Hine	Met P	27. 46	88	A	Benson	Herts P	30. 07
28	M	Sharp	E&H	27. 49	89	A	Davies	Serp	30. 09
29	D	Aitchison	Serp	27. 51	90	J	Lowe	V High	30. 15
30	M	Hamer	St Alb	27. 56	91	I	Cummings	V WG&EL	30. 22
31	D	Russell	SB	28. 03	92	T	Mitchell-Smith	VPH&TH	30. 27
32	A	Holford	V WG&EL	28. 04	93	C	Woodhouse	Met P	30. 28
33	P	Lemmon	V Lon H	28. 07	94	A	N Other	GCR	30. 31
34	M	Flannelly	V WG&EL	28. 09	95	D	Chapman-Jones	V Herts P	30. 32
35	A	Symons	SB	28. 10	96	C	McIver	ESM	30. 33
36	J	Pike	NEB	28. 14	97	J	Taylor	Barn	30. 34
37	J	Cunningham	Serp	28. 15	98	J	Howe	Lon H	30. 35
38	W	Grant	SB	28. 17	99	G	Dench	Serp	30. 36
39	R	Marriott	Gst	28. 18	100	A	Mariani	WG&EL	30. 37
40	A	Holt	V GCR	28. 19	101	M	Greer	GCR	30. 38
41	I	Druce	Serp	28. 20	102	L	Pidcock	GCR	30. 39
42	M	Potter	Lon H	28. 22	103	G	Kennedy	Lon FR	30. 40
43	J	Roche	VPH&TH	28. 24	104	I	Warren	VPH&TH	30. 42
44	D	Lewis	SB	28. 25	105	R	Casey	GCR	30. 42
45	A	Diing	High	28. 27	106	D	Browne	V Lon H	30. 44
46	T	O'Rourke	ESM	28. 28	107	S	Weston	St Alb	30. 46
47	T	Mackin	Lon I	28. 30	108	P	Wood	Hill	30. 47
48	B	Whitworth	WG&EL	28. 31	109	G	Levy	Lon FR	30. 48
49	A	Mercer	Serp	28. 31	110	J	Renwick	Serp	30. 49
50	A	Mason	V Barn	28. 31	111	S	Parker	WG&EL	30. 51
51	M	Bigley	Lon H	28. 36	112	J	Deane	High	30. 53
52	P	Adams	St Alb	28. 40	113	D	Healy	E&H	30. 54
53	B	Powell	WG&EL	28. 43	114	T	McCarthy	V WG&EL	30. 56
54	G	Jones	TVH	28. 44	115	J	Leversedge	V E&H	30. 58
55	B	Southin	Serp	28. 46	116	N	Stoddart	SMR	31. 01
56	K	Walden	SB	28. 46	117	R	Stewart	High	31. 03
57	A	Reeves	Serp	28. 46	118	S	Cook	St Alb	31. 03
58	R	Browne	Lon H	28. 50	119	Y	Ennaoui	TVH	31. 04
59	R	Holland	V WG&EL	28. 52	120	A	Miles	V Hill	31. 06

121	D	Smith	V	Hill	31. 07	186	R	Hooley	V	TVH	33. 28
122	L	Dooley		Met P	31. 08	187	D	Walton	V	Lon H	33. 30
123	D	Wilcock	V	Barn	31. 13	188	B	Butler		VPH&TH	33. 31
124	M	Rowe		Barn	31. 14	189	R	Pick	V	SB	33. 33
125	B	Cobb	V	Serp	31. 16	190	E	Noble		Serp	33. 35
126	R	Tarpey		Herts P	31. 18	191	S	McCarthy		Lon FR	33. 44
127	A	Owen		Lon H	31. 21	192	R	Fowler		E&H	33. 45
128	J	Edgar		Serp	31. 23	193	P	Gallagher		GCR	33. 50
129	J	McFarlin	V	Met P	31. 25	194	G	Lee	V	E&H	33. 54
130	P	Harris		SB	31. 27	195	S	Rodgers		Met P	33. 57
131	D	Shortridge		VPH&TH	31. 28	196	P	Williams	V	E&H	33. 58
132	S	Claridge	V	Hill	31. 30	197	A	Jonnstone		Serp	34. 02
133	J	Knight		Met P	31. 31	198	D	Newman		Lon H	34. 07
134	J	Gardner		High	31. 32	199	P	Rowbotham	V	Serp	34. 09
135	S	Britten		Herts P	31. 33	200	P	Williams	V	Herts P	34. 11
136	C	Hamer	V	Lon H	31. 34	201	R	Casserley	V	GCR	34. 12
137	R	Melvern	V	Herts P	31. 35	202	J	Waterfield		Met P	34. 13
138	S	Livingstone	V	GCR	31. 36	203	S	Scrutton	V	High	34. 19
139	P	Fromme		Serp	31. 37	204	S	Faulkner	V	Herts P	34. 23
140	R	Rickets		Harl RC	31. 38	205	A	Emberson	V	TVH	34. 28
141	S	Nunn	V	Barn	31. 38	206	P	Llewellyn	V	SB	34. 33
142	N	Shaikh		SB	31. 40	207	T	Clements		St Alb	34. 34
143	S	Wicks	V	Hill	31. 41	208	J	McKenzie		Serp	34. 38
144	A	Dickson		Lon H	31. 44	209	D	Clark	V	Herts P	34. 43
145	P	Chase	V	WG&EL	31. 47	210	I	Hider		St Alb	34. 44
146	A	Rudd	V	WG&EL	31. 48	211	B	Birmingham	V	Lon H	34. 49
147	A	Robbins		Serp	31. 52	212	T	Kotze		Serp	34. 52
148	R	Harding	V	Met P	32. 02	213	K	Rochester	V	Barn	34. 53
149	M	Allen		GCR	32. 03	214	W	Maurer		Serp	34. 57
150	K	Kemp	V	Lon H	32. 04	215	P	Stiles	V	E&H	34. 59
151	A	O'Connor		E&H	32. 05	216	V	Wilson	V	WG&EL	35. 02
152	S	Plested	V	ESM	32. 06	217	A	Bell	V	ESM	35. 04
153	M	Cook		Lon H	32. 09	218	P	Calthorp	V	St Alb	35. 05
154	J	Flahive	V	Lon H	32. 10	219	T	Jewell	V	Lon FR	35. 07
155	M	Cairns	V	VPH&TH	32. 11	220	N	Bingham	V	Barn	35. 08
156	R	Stevens		Harl RC	32. 12	221	D	Wright		WG&EL	35. 09
157	R	Johnson	V	Hill	32. 15	222	N	Stockman		High	35. 10
158	C	Lescott		Serp	32. 16	223	I	Hodge	V	Serp	35. 12
159	I	Lawson		GCR	32. 17	224	G	Clarke	V	St Alb	35. 15
160	C	Jacobs		Lon FR	32. 18	225	R	Bell		TVH	35. 16
161	G	Fuzesi		High	32. 20	226	S	Allen	V	Barn	35. 18
162	I	Birch	V	ESM	32. 21	227	P	York	V	ESM	35. 19
163	J	Tennant	V	Harl RC	32. 31	228	I	Maudesley		Met P	35. 20
164	M	Robinson		Serp	32. 40	229	A	Alexander		Serp	35. 21
165	D	Digweed		St Alb	32. 42	230	G	Hall		St Alb	35. 24
166	J	Lock		Serp	32. 46	231	J	Thorpe	V	WG&EL	35. 30
167	J	Nisbet	V	H&H	32. 53	232	P	Octave		SB	35. 31
168	P	Fitzpatrick	V	Herts P	32. 54	233	D	Darnell	V	NEB	35. 32
169	I	Brodrick	V	Lon H	32. 55	234	J	Rodgers		SMR	35. 33
170	T	Mehew		High	32. 57	235	C	Lee	V	ESM	35. 35
171	D	Edwards	V	GCR	32. 57	236	R	Devitt	V	SB	35. 37
172	A	Reid		Met P	32. 58	237	S	Doyle	V	Herts P	35. 38
173	S	Bowen	V	GCR	32. 02	238	N	Davies		GCR	35. 39
174	D	Bent		Serp	32. 04	239	T	Andrews	V	Serp	35. 40
175	R	Nash	V	Hill	33. 07	240	S	Williams	V	GCR	35. 41
176	R	Webster		Serp	33. 13	241	N	Ealand	V	Hill	35. 42
177	S	Wicks		Lon FR	33. 14	242	J	Kelly	V	SB	35. 45
178	H	Jones		Serp	33. 16	243	K	Townson		Lon H	35. 47
179	S	Dokic	V	Hill	33. 19	244	B	Plump		Serp	35. 48
180	A	Downing		Serp	33. 19	245	R	Bloom	V	Herts P	35. 54
181	A	Smith		WG&EL	33. 23	246	D	Robinson	V	VPH&TH	35. 55
182	W	Townsend		Serp	33. 24	247	C	Pinnell	V	Hill	35. 57
183	P	Shelley	V	SB	33. 25	248	J	Forrester	V	Gst	36. 15
184	J	Shipley		Hill	33. 26	249	P	Bird		GCR	36. 17
185	M	Crawshaw	V	St Alb	33. 27	250	B	Cook	V	E&H	36. 22

251	A	Thorpe		WG&EL	36. 24	Men's Team Result		
252	T	Marlow	V	Lon H	36. 28			
253	D	Newman	V	GCR	36. 35	1	Shaftesbury Barnet Harriers	3231
254	R	Cripps		Serp	36. 37	2	Woodford Green with Essex Ladies	3150
255	P	Warren	V	Serp	36. 44	3	Serpentine RC	3072
256	R	Kay		Serp	36. 45	4	London Heathside	2765
257	D	Vizard	V	Hill	36. 50	5	Highgate Harriers	2704
258	D	Brasley	V	Herts P	36. 52	6	Ealing, Southall & Middlesex	2516
259	M	Garvin		Serp	36. 54	7	Garden City Runners	2399
260	A	Bird		WG&EL	36. 58	8	Hillingdon	2185
261	G	French	V	ESM	37. 09	9	Enfield & Haringey	2115
262	M	Jones	V	Harl RC	37. 17	10	Metropolitan Police AA	2108
263	N	Yehuda	V	Lon FR	37. 19	11	St Albans Striders	2108
264	T	Powell		WG&EL	37. 24	12	Serpentine RC 'B'	1956
265	J	Steed	V	Herts P	37. 24	13	Newham & Essex Beagles	1881
266	J	O'Dowd	V	Hill	37. 28	14	Barnet & District	1847
267	S	Maddison	V	TVH	37. 32	15	Herts Phoenix	1618
268	M	McDonough		Lon FR	37. 34	16	Victoria Park & Tower Hamlets	1502
269	G	Pugh		Harl RC	37. 37	17	Woodford Green with Essex Ladies 'B'	1480
270	J	Courtney		Met P	37. 42	18	Thames Valley Harriers	1111
271	D	Reeve		Serp	37. 56	19	London Frontrunners	1101
272	K	McLeod		Serp	37. 57	20	Garden City Runners 'B'	596
273	M	Doughty	V	E&H	38. 00	21	Harlow RC	560
274	M	Wheeler	V	VPH&TH	38. 05	22	St Mary's Richmond	270
275	R	Derrick	V	St Alb	38. 14	23	London Irish	263
276	A	Davies		WG&EL	38. 29	24	Hayes & Harlington	143
277	C	Walker	V	Lon FR	38. 33			
278	R	Airton	V	Lon FR	38. 40	Veteran Men's Team Result		
279	J	Myall	V	Hill	38. 41			
280	M	Hewitson	V	GCR	38. 45	1	Woodford Green with Essex Ladies	740
281	J	Bignell	V	Hill	38. 46	2	London Heathside	679
282	T	Allen	V	GCR	38. 54	3	Barnet & District	645
283	A	Welsh	V	Barn	38. 59	4	Hillingdon	594
284	P	Blackaller		St Alb	39. 02	5	Ealing, Southall & Middlesex	541
285	T	Hamilton	V	Barn	39. 05	6	Garden City Runners	517
286	P	Doyle		Lon FR	39. 19	7	Herts Phoenix	512
287	M	Caddy	V	St Alb	39. 31	8	Shaftesbury Barnet Harriers	445
288	M	Ford		Lon FR	39. 45	9	Metropolitan Police AA	442
289	G	Robertson	V	Serp	39. 54	10	Enfield & Haringey	395
290	P	Sawko		GCR	40. 00	11	Serpentine RC	342
291	J	Prowing	V	GCR	40. 33	12	Highgate Harriers	310
292	M	Jamil	V	Lon FR	40. 51	13	St Albans Striders	243
293	H	Artiss	V	Herts P	40. 59	14	Thames Valley Harriers	178
294	J	Doyle	V	Hill	41. 01	15	Victoria Park & Tower Hamlets	169
295	T	Chen		Serp	41. 08	16	London Frontrunners	165
296	J	Dale		ESM	41. 10	17	Harlow RC	123
297	P	Welch	V	Hill	41. 13	18	Hayes & Harlington	88
298	P	Howell	V	Barn	41. 43	19	Newham & Essex Beagles	62
299	M	Gilham	V	Herts P	41. 44			
300	C	Jenkins	V	NEB	41. 59			
301	J	Fogarty	V	GCR	42. 28			
302	S	Patterson	V	Hill	42. 35			
303	H	Dickson	V	Lon FR	42. 38			
304	A	Cathcart	V	VPH&TH	42. 46			
305	L	Menken		Serp	42. 54			
306	M	Smith	V	GCR	43. 19			
307	P	Hope	V	Met P	43. 57			
308	B	Hercock	V	E&H	45. 05			
309	R	Johnson	V	Hill	46. 15			

Veteran Men's Results

1	M	Davies	V	WG&EL	26. 38
2	R	McCormick	V	Barn	27. 32
3	A	Holford	V	WG&EL	28. 04

Under 17 Men's Results

1	N	Goolab	ESM	20. 52
2	R	Mann	Hill	21. 16
3	B	Collins	SB	21. 42
4	N	Fleming	SB	22. 18
5	J	Taylor-Caldwell	TVH	22. 36
6	B	McCallun	ESM	22. 50
7	M	Bitmead	SMR	22. 59
8	T	Gough	Herts P	23. 11
9	J	Laing	Hill	23. 16
10	L	Nicholas	ESM	23. 23
11	R	Brown	Herts P	23. 50
12	W	Laing	High	24. 01
13	T	Nunn	SMR	24. 10
14	P	Scanlan	WG&EL	24. 13
15	M	Speight	Hill	24. 14
16	C	Yates	Hill	24. 21
17	S	Zajackowski	ESM	24. 33
18	R	Thompson	Hill	24. 42
19	P	Townsend	Herts P	24. 46
20	A	Jones	E&H	24. 59
21	S	Ashcroft	ESM	25. 12
22	N	McNaught	Herts P	25. 27
23	B	Phillips	WG&EL	25. 36
24	A	Bekele	SB	25. 39
25	D	Evans	Herts P	25. 43
26	A	Popli	SMR	25. 54
27	D	Wilson	Herts P	25. 59
28	C	Hepworth	ESM	26. 10
29	G	Nisbet	H&H	26. 19
30	R	Lithgow	Hill	26. 20
31	G	Guthrie	NEB	26. 21
32	G	Laing	High	26. 34
33	E	De Marcos	TVH	27. 20
34	I	Waterman	Herts P	27. 26
35	G	Barclay	Hill	27. 39
36	D	Toolan	SB	27. 56
37	M	Smith	WG&EL	28. 10
38	D	Kail	NEB	28. 28
39	R	Walker	Herts P	28. 28
40	D	Dryburgh	Lon H	28. 43
41	J	Greaves	Herts P	29. 09
42	A	Parkin	ESM	29. 10
43	J	Davies	WG&EL	29. 32
44	R	Churcker	ESM	29. 56
45	J	Latimer	NEB	32. 40
46	M	Furnival-Jones	Herts P	33. 26
47	L	Weir	SMR	34. 01
48	L	Lovelock-Jemmott	WG&EL	41. 31

Under 17 Men's Team Result

1	Ealing, Southall & Middlesex	162
2	Hillingdon	154
3	Herts Phoenix	136
4	Shaftesbury Barnet Harriers	129
5	St Mary's Richmond	103
6	Woodford Green with Essex Ladies	79
7	Herts Phoenix 'B'	71
8	Ealing, Southall & Middlesex 'B'	61
9	Thames Valley Harriers	60
10	Highgate Harriers	54
11	Newham & Essex Beagles	33
12	Enfield & Haringey	29
13	Hayes & Harlington	20
14	London Heathside	9

Under 13 Boy's Results

1	R	Charles	ESM	10. 27
2	E	Shepherd	Herts P	10. 34
3	A	Walshe	Herts P	11. 06
4	B	Shelley	SB	11. 09
5	J	Killip	SMR	11. 30
6	J	Carton	Hill	11. 43
7	R	Wagstaff	Gst	11. 52
8	M	Cameron	ESM	11. 56
9	W	Pinder	ESM	12. 03
10	A	Haynes	ESM	12. 08
11	D	Pinder	ESM	12. 08
12	D	McGuigan	ESM	12. 10
13	J	Watts	NEB	12. 12
14	M	Boyd	Herts P	12. 19
15	M	Fayers	Hill	12. 28
16	J	Coffey	Herts P	12. 30
17	S	Park	ESM	12. 46
18	J	Castro	Hill	12. 47
19	D	Oliver	SB	12. 48
20	C	Charles	ESM	12. 54
21	N	Nwanokwu	SB	13. 01
22	G	Campbell	Hill	13. 02
23	J	Greaves	Herts P	13. 04
24	L	Murphy	WG&EL	13. 07
25	R	Crowther	SMR	13. 16
26	R	Faulkner	Herts P	13. 18
27	T	Piachaud	SMR	13. 27
28	J	Stewart	WG&EL	13. 56
29	P	Trofa	ESM	14. 05
30	J	Vizard	Hill	14. 22

Under 13 Boy's Team Result

1	Ealing, Southall & Middlesex	96
2	Herts Phoenix	89
3	Ealing, Southall & Middlesex 'B'	64
4	Hillingdon	63
5	Shaftesbury Barnet Harriers	49
6	St Mary's Richmond	36
7	Newham & Essex Beagles	18
8	Woodford Green with Essex Ladies	10

Women's Results

1	S	Abel	High	21. 59
2	V	Webster	SB	22. 27
3	G	Turtle	SB	22. 55
4	E	Evans	High	23. 33
5	K	Philp	GCR	23. 45
6	J	Kent	V Barn	23. 56
7	B	Pritchett	V WG&EL	24. 03
8	K	Jenrick	V High	24. 12
9	J	King	V Lon H	24. 16
10	K	March	Barn	24. 19
11	S	Simmons	Met P	24. 20
12	E	Griffiths	E&H	24. 21
13	A	Wingler	V High	24. 31
14	J	Laws	V Barn	24. 37
15	M	Hutchison	Hill	24. 41
16	V	Parry	V Lon H	24. 47
17	A	McGuigan	ESM	24. 48
18	M	Powell	WG&EL	24. 49
19	M	Hall	GCR	24. 55

20	J	Singer		VPH&TH	25. 11	85	J	Vlahovic		Serp	29. 14
21	M	Livingstone	V	GCR	25. 15	86	J	Thomas	V	WG&EL	29. 16
22	E	Ogunde		High	25. 18	87	L	Maughan	V	Serp	29. 20
23	M	Reynolds		ESM (NS)	25. 21	88	L	Cox		St Alb	29. 21
24	A	Curley	V	High	25. 26	89	O	Muminova		Lon FR	29. 21
25	L	Cameron		Met P	25. 46	90	K	Huston		Hill	29. 25
26	J	Gray		GCR	25. 55	91	B	Culverwell		SMR	29. 27
27	D	Kennedy		WG&EL	26. 01	92	F	Holland	V	Lon H	29. 40
28	S	McHugh		Met P	26. 09	93	A	Wardle	V	WG&EL	29. 42
29	M	Newberry		TVH	26. 10	94	J	Docking		WG&EL	29. 46
30	R	Clifton		Serp	26. 17	95	I	Peaty	V	SB	29. 52
31	C	Harris	V	GCR	26. 18	96	E	Jones		Met P	29. 54
32	F	Smith		Lon H	26. 19	97	K	Wilson		E&H	29. 58
33	C	May		Serp	26. 20	98	S	Ware		NEB	30. 04
34	Z	Wray		Barn	26. 21	99	J	Conn	V	Serp	30. 08
35	M	Valencia		Lon FR	26. 21	100	L	Carmichael		Harl RC	30. 11
36	D	Kay		Gst	26. 23	101	R	Ingram		Serp	30. 25
37	S	Edmonds		Serp	26. 24	102	J	Gristwood	V	ESM	30. 28
38	L	Burnie		High	26. 25	103	A	Holford		WG&EL	30. 31
39	K	Crowe		Serp	26. 28	104	K	Kitpatrick		Serp	30. 33
40	G	Jubb		St Alb	26. 29	105	R	Brough		Serp	30. 35
41	K	Foy		WG&EL	26. 32	106	J	Allen	V	GCR	30. 36
42	C	Lutsch		Serp	26. 33	107	J	Matthews	V	GCR	30. 44
43	L	Brosnan	V	Lon FR	26. 38	108	S	Green		Met P	30. 51
44	L	Waldman	V	Lon H	26. 41	109	K	Ward		VPH&TH	30. 54
45	C	Hale	V	GCR	26. 42	110	M	Shaw		TVH	30. 54
46	N	Cendrowicz		High	26. 50	111	G	Clark		TVH	31. 04
47	L	Whiting		Serp	26. 51	112	J	Farmer	V	Serp	31. 09
48	L	Wilson	V	ESM	26. 53	113	S	Brighton		Lon H	31. 35
49	C	Davies		Herts P	26. 58	114	M	Bowyer	V	NEB	31. 39
50	A	Clarke-Janssen		Lon H	26. 59	115	S	Kelly		TVH	31. 50
51	K	Bradley	V	Barn	27. 00	116	C	Sacks		Serp	31. 57
52	B	Pullan		St Alb	27. 00	117	L	Selby	V	Harl RC	32. 04
53	E	Thorndyke		Serp	27. 01	118	B	Vogt	V	Serp	32. 22
54	L	Ruderman		Serp	27. 02	119	M	Walsh		ESM	32. 31
55	K	Solder		WG&EL	27. 03	120	A	Birch	V	ESM	32. 35
56	S	Richardson		ESM	27. 04	121	A	Markiewicz		VPH&TH	32. 39
57	G	Morgan	V	ESM	27. 11	122	L	Hutchison	V	Hill	32. 46
58	P	Thorne		Serp	27. 19	123	L	Blaber		Met P	32. 49
59	B	Fernandez		Lon FR	27. 24	124	K	Topp		VPH&TH	33. 24
60	Y	Jones	V	GCR	27. 29	125	C	Brown		Harl RC	33. 38
61	V	Metcalf	V	Serp	27. 31	126	S	Pacey		Met P	33. 46
62	A	Palin		Serp	27. 34	127	H	Kemble		E&H	34. 27
63	N	Silva		Herts P	27. 38	128	T	Deutschmann		Serp	34. 29
64	N	Baker	V	ESM	27. 42	129	S	Pillinger		Serp	34. 36
65	A	N Other		Gst	27. 45	130	D	Johnstone		ESM	34. 57
66	K	Foster		ESM	27. 54	131	C	Shepherd		VPH&TH	35. 16
67	S	Peterson		TVH	27. 55	132	J	McDonald	V	Hill	35. 39
68	J	Watt	V	Lon H	27. 57	133	L	Keltie	V	Serp	35. 56
69	J	Wastell	V	Lon H	27. 59	134	J	Miles	V	Hill	36. 34
70	N	Froud	V	Barn	28. 04	135	R	Rider		E&H	36. 47
71	E	Vynnycky	V	Lon H	28. 09	136	S	Gandee	V	Herts P	37. 28
72	H	Arredondo		E&H	28. 11	137	J	Brown	V	E&H	38. 13
73	H	Hoyle	V	Barn	28. 12	138	C	Sawle		Serp	38. 55
74	J	Leech		Lon H	28. 30	139	K	Collins		Met P	39. 30
75	C	Jones	V	ESM	28. 33	140	C	Marsh		Herts P	41. 50
76	A	Openshal		Serp	28. 36						
77	B	Jones		Lon FR	28. 40						
78	K	Bannister		VPH&TH	28. 41						
79	A	Possee	V	WG&EL	28. 46	1	J	Kent	V	Barn	23. 56
80	V	Dabhi		NEB	28. 49	2	B	Pritchett	V	WG&EL	24. 03
81	R	Carrie		Serp	28. 57	3	K	Jenrick	V	High	24. 12
82	L	Faherty		High	28. 58						
83	C	Pardoe	V	GCR	29. 02						
84	M	McNamara		E&H	29. 05						

Women's Team Result

1	Highgate Harriers	774
2	Garden City Runners	699
3	Barnet & District	661
4	London Heathside	627
5	Woodford Green with Essex Ladies	619
6	Serpentine RC	618
7	Ealing, Southall & Middlesex	538
8	Serpentine RC 'B'	482
9	Metropolitan Police AA	455
10	London Frontrunners	402
11	Shaftesbury Barnet Harriers	323
12	Enfield & Haringey	319
13	Thames Valley Harriers	273
14	Victoria Park & Tower Hamlets	263
15	St Albans Striders	243
16	Hillingdon	212
17	Herts Phoenix	176
18	Newham & Essex Beagles	131
19	Harlow RC	81
20	St Mary's Richmond	50

Veteran Women's Team Result

1	London Heathside	149
2	Barnet & District	148
3	Garden City Runners	144
4	Highgate Harriers	127
5	Ealing, Southall & Middlesex	118
6	Woodford Green with Essex Ladies	105
7	Serpentine RC	75
8	London Frontrunners	37
9	Shaftesbury Barnet Harriers	16
10	Hillingdon	14
11	Newham & Essex Beagles	10
12	Harlow RC	9
13	Herts Phoenix	2
14	Enfield & Haringey	1

Under 13 Girl's Team Result

1	St Mary's Richmond	206
2	Thames Valley Harriers	172
3	Woodford Green with Essex Ladies	171
4	Ealing, Southall & Middlesex	168
5	Newham & Essex Beagles	160
6	Herts Phoenix	156
7	Enfield & Haringey	133
8	Hillingdon	97
9	Barnet & District	54
10	Highgate Harriers	22
11	Victoria Park & Tower Hamlets	20
12	London Heathside	4

Under 15 Girl's Results

1	N	Fidler	SMR	11. 21
2	G	Bell	ESM	11. 29
3	N	Dabhi	NEB	11. 53
4	E	Fuller	Herts P	11. 55
5	K	Barber	Barn	12. 00
6	K	Chapman	TVH	12. 06
7	B	Hewitt	WG&EL	12. 08
8	G	Miansarow	SMR	12. 11
9	R	Pryce	SMR	12. 21
10	E	Davies	ESM	12. 24
11	D	Atanda	NEB	12. 31
12	A	Garnham	SMR	12. 34
13	S	Tory	TVH	12. 36
14	S	Hickman	E&H	12. 48
15	E	Shuker	E&H	12. 48
16	D	Durham	NEB	13. 00
17	G	Ferrari	WG&EL	13. 04
18	E	Edmunds	SMR	13. 05
19	A	Richardson	SMR	13. 09
20	H	Pattie-Belelu	WG&EL	13. 15
21	L	Tembey	WG&EL	13. 17
22	R	Power-Ross	TVH	13. 18
23	C	Lord-Sallanave	TVH	13. 19
24	A	Gray	Herts P	13. 27
25	J	Atkins	Herts P	13. 28
26	M	Polke	ESM	13. 29
27	N	Humberstone	Herts P	13. 30
28	H	Gibbons	Hill	13. 31
29	E	MacKenzie	Hill	13. 34
30	N	Shelley	ESM	13. 37
31	L	Bird	Herts P	13. 39
32	E	Lloyd	Herts P	13. 42
33	B	Arredondo	E&H	13. 43
34	J	Thom	TVH	13. 44
35	C	Vizard	Hill	13. 44
36	G	Murray	WG&EL	13. 52
37	V	Cleveley-Jones	High	13. 57
38	A	Gray	Herts P	14. 02
39	S	Walker	VPH&TH	14. 21
40	H	French	ESM	14. 25
41	S	Barnes	E&H	14. 31
42	J	O'Connell	ESM	14. 33
43	F	Sharp	TVH	14. 33
44	B	Grimsey	E&H	14. 51
45	N	Nigond	SMR	14. 56
46	M	Kelekun	NEB	15. 03
47	M	Flawn	Hill	15. 13
48	C	Chaldecott	E&H	15. 21
49	E	Matthews	ESM	15. 24
50	E	Julien	TVH	15. 26
51	K	Garcia	NEB	15. 28
52	E	Price	E&H	15. 37
53	A	Rose	WG&EL	15. 58
54	E	Henry	NEB	16. 01
55	C	Chevalier	Lon H	16. 11
56	M	Singh	WG&EL	16. 15
57	Z	Dempsey-Brench	Hill	17. 50
58	K	Dempsey-Brench	Hill	19. 10

Next fixture - Saturday 28 October at Ruislip (hosted by Hillingdon AC), 1.30pm start

Please mark veteran athletes with a "V" as requested on your results sheets. If not marked, only those who ran last year as vets have been scored.

Please put race numbers, names and disc positions on your results sheets. It makes life so much easier for the results team!